

Dancing Around the Hard Topics!

A reading, viewing and discussion program.

"Being Mortal is a personal meditation on how people can better live with age related frailty, serious illness, and approaching death. Gawande calls for a change in the way that medical professionals treat patients approaching their ends. He recommends that instead of focusing on survival, practitioners should focus on improving quality of life and enabling well-being."

The project will include informational programs on topics such as estate planning, caregiver stress and end of life planning. But in keeping with the theme that joy can be found at all stages of life, we will offer lighter programs that show the many ways that elders embrace life even as physical limitations and other challenges increase. Look for programs on tai chi, gourmet cooking, game events that partner teens with elders, a concert with Young@Heart, ball room dancing demonstrations and more.

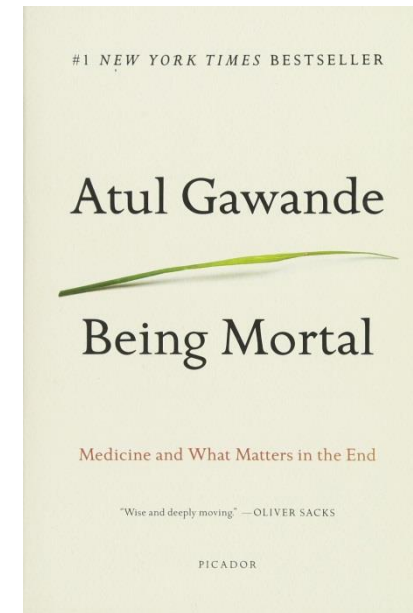
Project Funders and Supporters

Board of Library Trustees
Friends of COA/COA
Friends of the Shrewsbury Public Library
Residence at Orchard Grove
Shrewsbury Public Schools
Shrewsbury Parks and Recreation
Town of Shrewsbury
Central MA Veterans Services District
Central MA Regional
Public Health Alliance
Elder Services of Worcester
Department of Public Health Worcester



Community Reading Project

Selected Title:
Being Mortal:
Medicine and What
Matters in the End
by Dr. Atul Gawande



Beginning in September

The Shrewsbury Public Library Foundation has purchased 150 paperback copies of the book to distribute at no charge to the public.

Copies available at the Library and Senior Center, as long as supplies last.

Scheduled Programs

- **Senior Prom: Fall Fantasy**
Sep 12 5:00-9:00 pm Senior Center
- **End of Life Legal Decision Series with Worcester Clerk of Probate Stephanie Fattman**
 - **Estate Planning Documents**
Sep 17 4:30 pm Library
 - **Probate & Family Court**
Oct 22 4:30 pm Library
 - **Guardianship of a Minor**
Nov 26 4:30 pm Library
- **Identity Theft and Banking Workshop for Seniors**
Sep 18 2:00-3:00 pm Senior Center
- **Book Discussions of Being Mortal**
Sep 18 6:30 pm Library
Oct 23 10:30 am Library
Nov 23 10:00 am Library
- **Pickleball Demonstration**
Sep 25 4:00 pm Oak Middle School outdoor tennis courts
- **Lion's Vision Mobile Visit**
Sep 28 9:00 am Senior Center
- **Tour and Tasting at Broken Creek Vineyard**
Oct 2 5:00 pm
614 South St, Shrewsbury, MA
- **Pet Therapy Festival**
Oct 5 2:00 – 3:00 pm Library
- **Young at Heart Chorus "Open Rehearsal" Concert**
Oct 6 2:00 pm Oak Middle School Auditorium
- **The Power of Protein**
Oct 9 1:00-1:30 pm Library
- **Ageless Grace Chair Exercises**
Oct 19 2:00-3:00 pm
Library
- **Maintaining Good Mental Health in Later Life**
Oct 22 2:00 pm Orchard Grove
- **Silver Moon Gypsies Belly Dance Performance**
Oct 23 1:00 pm Library
- **Tai Chi for Arthritis**
Oct 24 10:00 am Orchard Grove
- **Veterans' Memorabilia Display Month of November 2019**
Library
- **Ballroom Dancing Demonstration and Chance for all to Dance!**
Date and Time TBD Library
- **Prepare for Your Care: Living with Serious Illness**
Nov 4 7:00 pm Library
- **Scam Prevention 101**
Nov 5 4:30-5:30 pm Library
- **Let's Rumble: Senior vs. Senior Trivia Competition!**
Nov 7 12:30 pm Senior Center
- **Taking Care of the Caregiver**
Nov 20 6:30-7:30 pm Library
- **Chinese Tai Chi & Fun**
Nov 21 1:00 pm Sr. Center
- **Countertop Garden Workshop**
Date TBD Senior Center
- **Frontline "Being Mortal" Documentary screening & discussion**
Date & location TBD